

# Grow a Garden

sowing, growing and harvesting tips  
third edition



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Dear Gardeners,

We are happy to bring you our third edition of a revised compact visual guide to planting and growing a food garden at home. This booklet has been in response to the numerous queries we have received from amateur and experienced gardeners over the years. We have consulted with Malnad master gardeners to gather the information and traditional knowledge for this compilation. You can find here information on

- . when and how to plant your organic, open pollinated seeds and tubers
- . transplanting details
- . harvesting
- . FAQs
- . planting calendar

This booklet covers 38 vegetable, tuber and flower species complete with botanical illustrations. The section on tubers encourages food gardeners to experiment with and grow these resilient but forgotten food crops.

Grow a garden, cultivate a future!

The Vanastree Collective  
Sirsi, Karnataka India

*Send us your feedback to vanastree@gmail.com*

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# FAQs

## What is hybridization?

Hybridization is the cross pollination of plants, resulting in new varieties.

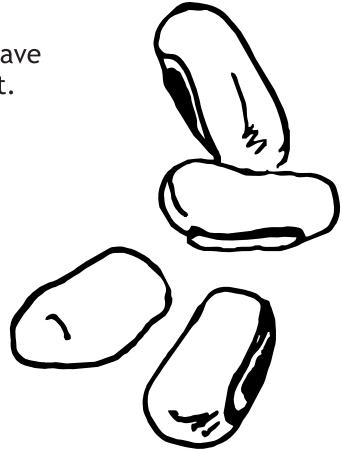
**Natural Hybridization** is one of the origins of diversification within species. This stabilizes over several generations giving rise to stable, open pollinated varieties.

**Modern Hybridization** is the purposeful crossing of plant varieties with desirable qualities evidently in order to “improve” them. It is done by selection of certain traits over several generations. It has become a ploy used by seed companies to ensure proprietary and breeding rights over the varieties developed by them, thus monopolising the market. The process renders future generations of those seeds almost sterile or unusable, since undesirable variations show up. Modern hybrid seeds cannot be saved and re-sown. Farmers and gardeners have to buy fresh seeds from the seed companies year after year, thereby incurring high costs.



## **What are open-pollinated seeds?**

Open-pollinated seeds are traditionally bred seeds, which have been developed by farmers in an open, natural environment. They have been preserved for millennia, and can be saved, sown and reproduced by anyone, thus allowing farmers and gardeners independence from seed companies.



## **What are organic seeds?**

Organic seeds are seeds grown in healthy, living soils built up entirely with natural inputs like compost and mulch. They are produced with absolutely no use of synthetic fertilizers and pesticides and are not genetically modified.

## **What are climbers and shrubs?**

Climbers are plants that are vines and need support. Shrubs are plants that grow erect and do not need support.

## **What does it mean when a plant is 'self seeding'?**

Self seeding is when a plant disperses its seeds such that offspring come up in the vicinity of the mother plant. So the seeds need not necessarily be replanted by the gardener. Cosmos is an example of a self seeding plant.

## **What is transplanting?**

Transplantation is a process where a plant is uprooted from one place and planted in another. Small seeds like those of amaranth, brinjal, chilli, capsicum, and tomato are first sown in seed beds/trays and transplanted later. Larger seeds like those of beans, lady's finger, pumpkin, cucumber and gourds can be directly planted. It is important to transplant carefully so the roots are not damaged. This is usually done when 2-4 true leaves appear on the seedling.

## **What is mulching?**

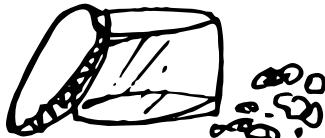
Mulch is a layer of material spread over soil as protection. It helps prevent loss of moisture, prevents weeds from coming up and adds to soil fertility. Mulch could include grass cuttings, hay, coconut/areca husk, leaves, vegetable/fruit peels and other organic material.

## **How much water do plants need?**

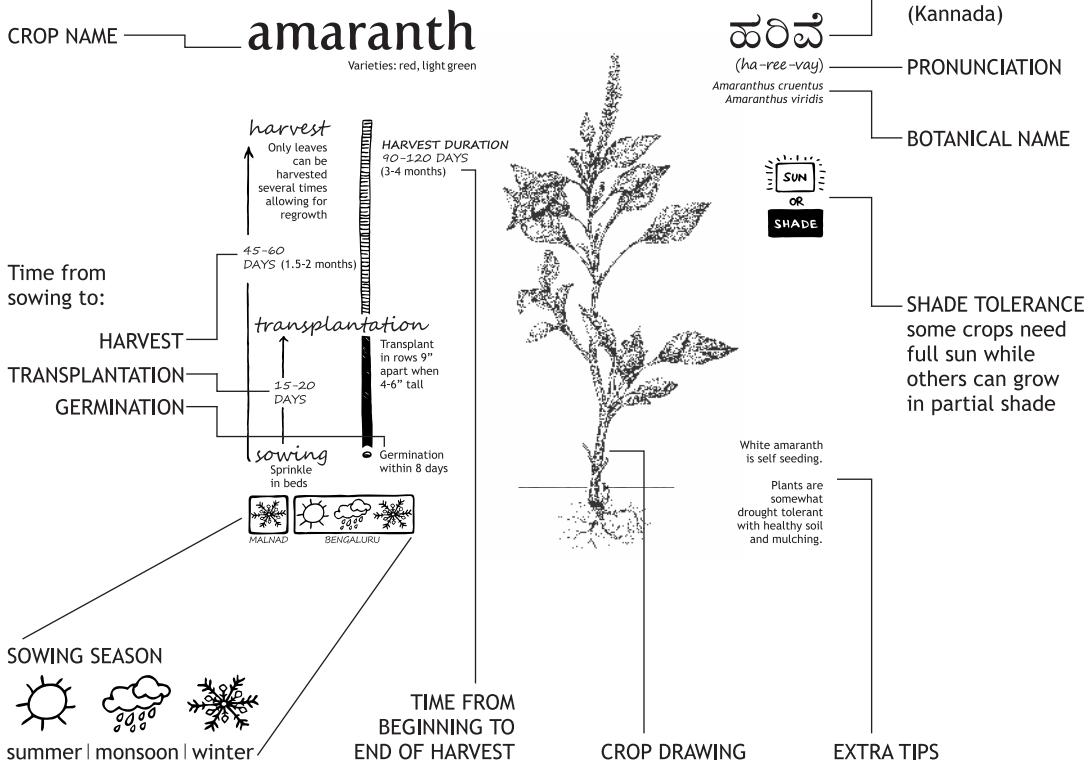
Seeds once planted, and seedlings should be watered gently with a watering can. Regular watering is a good rule of thumb so the plant does not droop. Mulching ensures that water is not lost by evaporation. Each plant has its own specific requirement. More watering is required in summer.

## **How must seeds be stored?**

All seeds should be stored in a cool, dry, dark place, preferably in an air-tight container.



# Page Map



# Vegetables

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# amaranth

Varieties: red, light green

## harvest

Only leaves  
can be  
harvested  
several times  
allowing for  
regrowth

45-60  
DAYS (1.5-2 months)

HARVEST DURATION  
90-120 DAYS  
(3-4 months)

## transplantation

15-20  
DAYS

Transplant  
in rows 9"  
apart when  
4-6" tall

## sowing

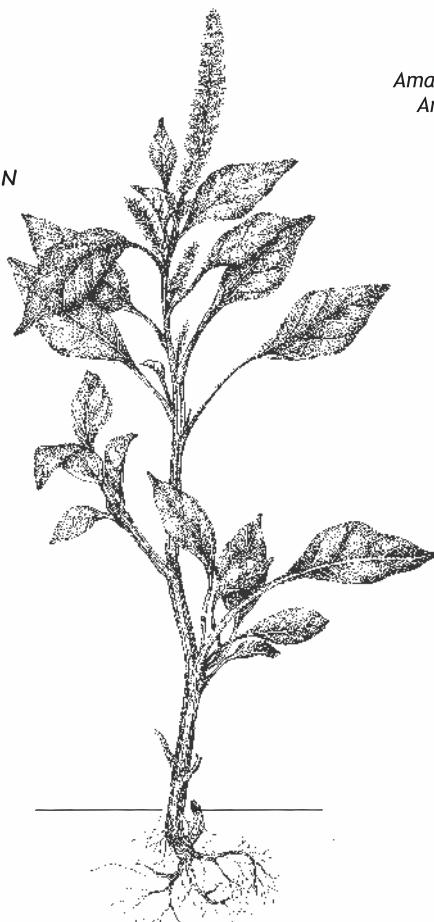
Sprinkle  
in beds

Germination  
within 8 days



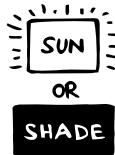
MALNAD

BENGALURU



ಹರೀವ  
(ha-rey-vay)

*Amaranthus cruentus*  
*Amaranthus viridis*



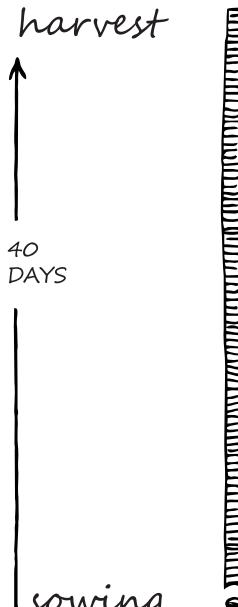
White amaranth  
is self seeding.

Plants are  
somewhat  
drought tolerant  
with healthy soil  
and mulching.

# 30 day bean

ತೀಂಗಳವರೆ  
(thing-ala-ava-ray)

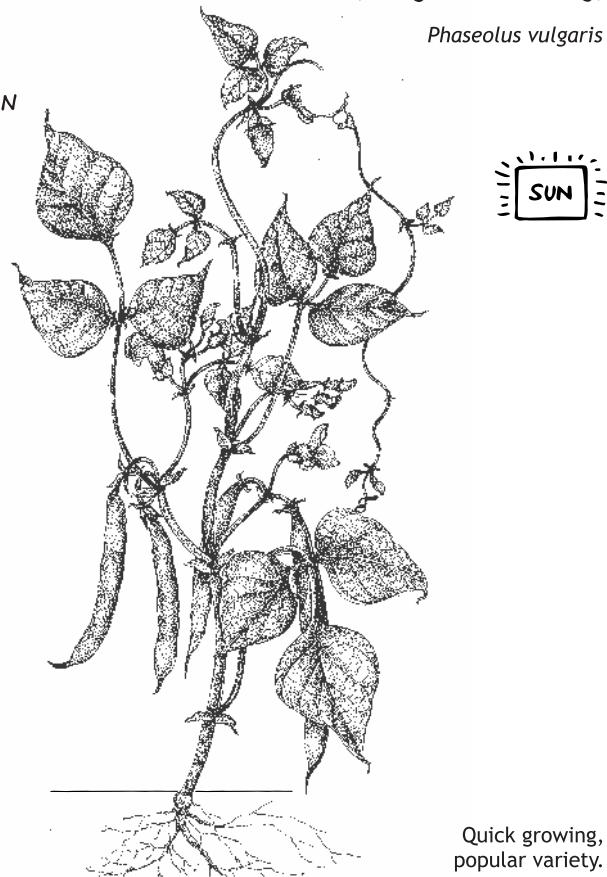
*Phaseolus vulgaris*



In rows 1/2" deep,  
12" apart.  
Stakes needed



Germination  
within 4-5 days



Quick growing,  
popular variety.

# yard long bean

angikase

ಅಂಗೀಕಾಸ  
(ang-ee-ka-say)

*Phaseolus vulgaris*

harvest

Upto 100  
pods per  
plant

60  
DAYS (2 months)

sowing

In rows 3/4" deep,  
8" apart.  
Stakes needed



HARVEST DURATION  
180 days  
(6 months)

Germination  
within 7 days



Old variety.

Will not yield in  
heavy rain.

Fairly drought  
tolerant if mulched.

# lima bean

ಕಿಡ್ನಿ ಅವರೆ

(kid-nee ava-ray)

*Phaseolus lunatus*



harvest

Upto 100  
pods per  
plant

150  
DAYS (5 months)

sowing

Direct sowing.  
Grow onto a  
trellis or tree

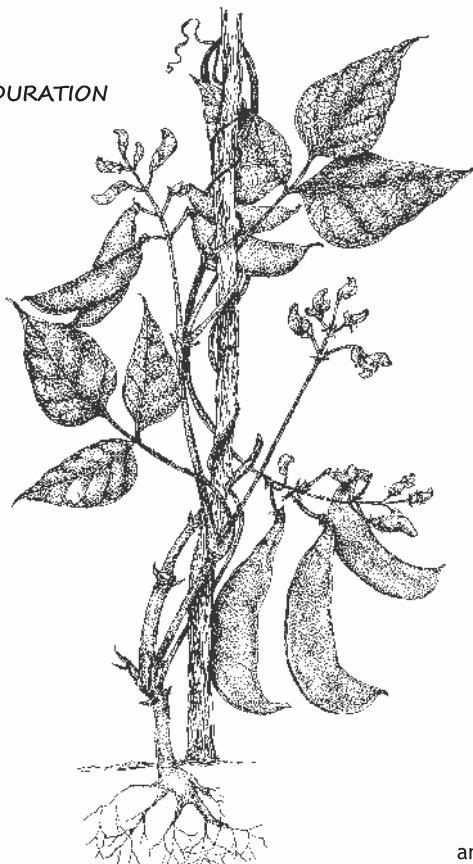


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HARVEST DURATION  
210 days  
(7 months)

Germination  
within 7 days



The plant is  
dormant during  
the monsoon and  
needs pruning.  
It will grow again  
and yield every  
winter for 3-4 years.

The seeds (not pods)  
are eaten fresh or dried.

# winged bean

ಮತ್ತಿ ಅವರೆ

(math-ee ava-ray)

harvest

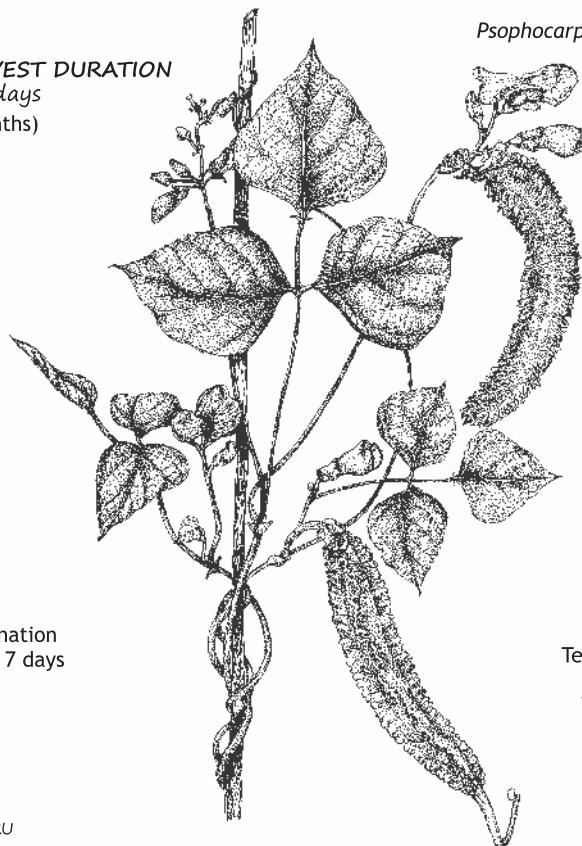
60-75  
DAYS

HARVEST DURATION  
120 days  
(4 months)

Germination  
within 7 days



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*Psophocarpus tetragonolobus*



sowing

Plant 4-5 seeds  
in a composted  
mound. Grow onto  
trellis or tree

Tender beans eaten.

The plant lives for  
5-6 years, yielding  
each season.

Pods are about  
5-6 inches long.

# hyacinth bean

ಬಟವರ್  
bhat ava-ray

(*Dolichos lablab*)

harvest

Upto 100  
pods per  
plant

150

DAYS (5 months)

sowing

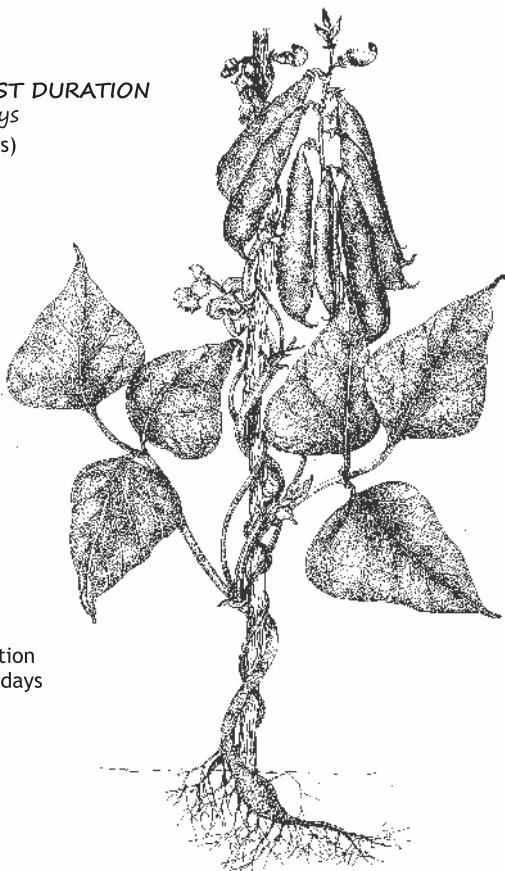
Direct sowing.  
Grow onto a  
trellis or tree



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HARVEST DURATION  
210 days  
(7 months)

Germination  
within 7 days



The plant is  
dormant during  
the monsoon and  
needs pruning.  
It will grow again  
and yield every  
winter for 3-4 years.

The seeds and pods  
can be eaten tender.

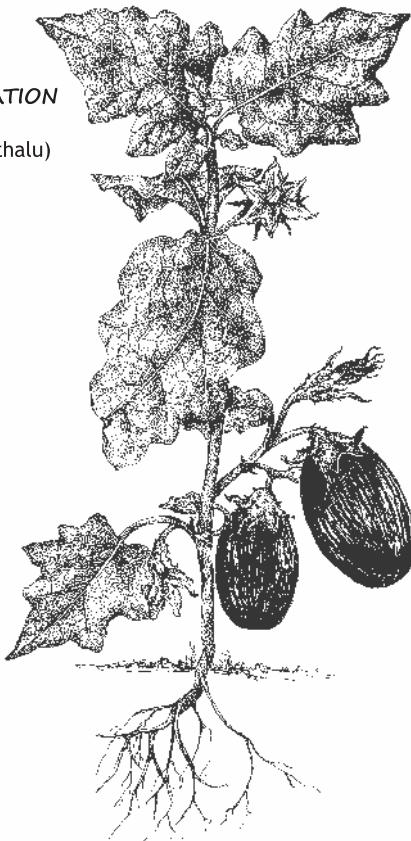
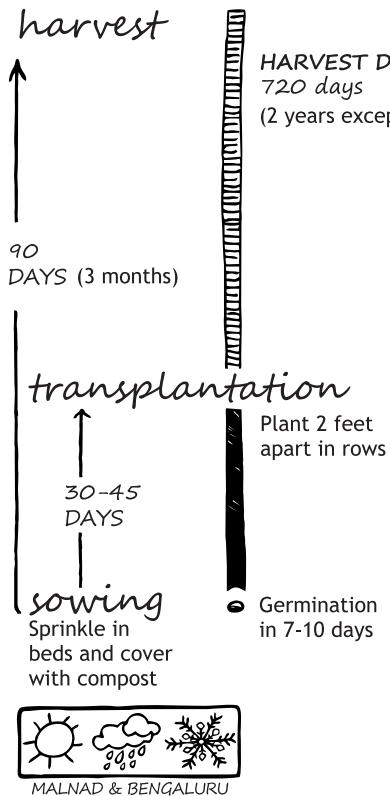
Seeds are also  
dried and eaten.

# brinjal

Varieties:  
bili, bonda (metre), cholu, daas,  
hithalu, musuku, vadhiraja gulla

ಬದನ್  
(ba-dha-nay)

*Solanum melangena*



Brinjal is somewhat drought tolerant.

Each plant is known to yield upto 50 kg of brinjal over a period of 2-3 years, if cared for well.

# maggay cucumber

ಮಗೆ ಕಾಯಿ  
(ma-gay-kaa-yi)

*Cucumis sativus*

harvest



75  
DAYS (2.5 months)

transplantation

15  
DAYS

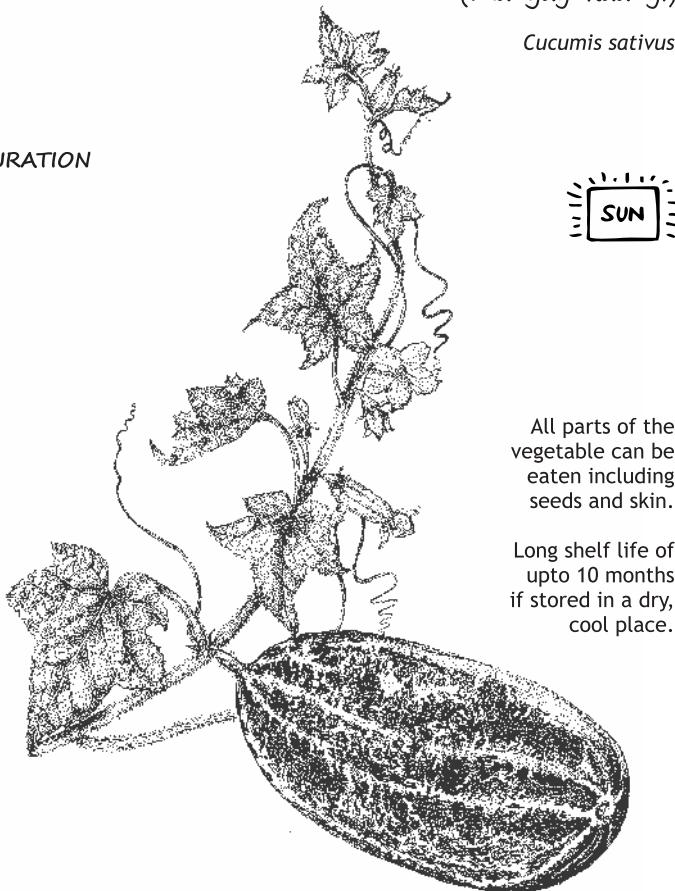
sowing  
Sow in beds



HARVEST DURATION  
45 days  
(1.5 months)

12" apart in  
rectangular  
rows that  
are at least  
6" deep

Germination  
in 7 days



All parts of the  
vegetable can be  
eaten including  
seeds and skin.

Long shelf life of  
upto 10 months  
if stored in a dry,  
cool place.

# spiny cucumber

ಮುಳ್ಳು ಸವತೆ  
(mu-llu sa-va-thay)

*Cucumis sativus*

harvest

60  
DAYS (2 months)



HARVEST  
DURATION  
60-90 days  
(2-3 months)

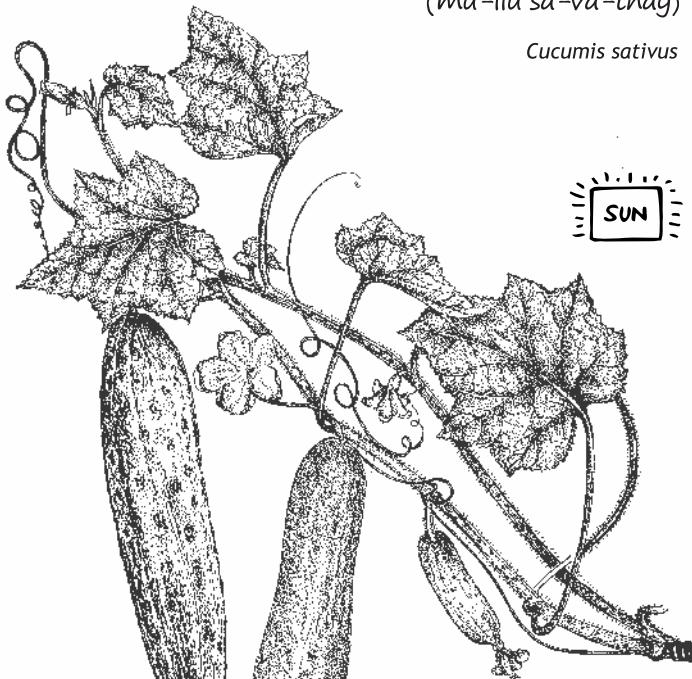
Germination  
within 7 days



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sowing  
Direct planting  
6-8" apart  
and train on  
ground  
or trellis

Salad or cooking vegetable.

If harvested when fully ripe,  
shelf life is 5-6 months  
in a dry place.

Seeds can be made into  
juice which is very cooling.

# yeray cucumber

ಎರೆ ಸವತೆ  
(yay-ray sa-va-thay)

*Cucumis sativus*

harvest

60-90  
DAYS (2-3 months)

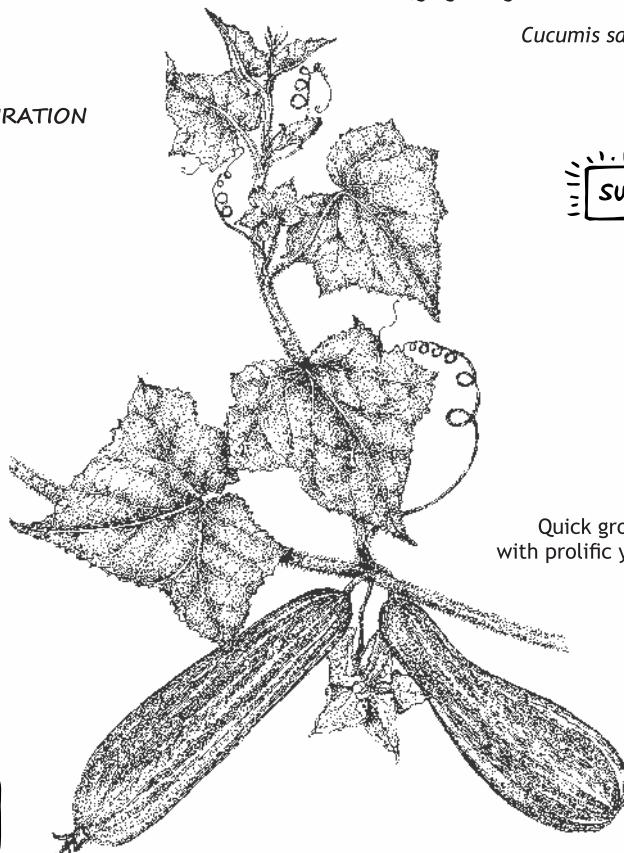


HARVEST DURATION  
60-90 days  
(2-3 months)  
Fruits  
throughout  
the year

Germination  
within 7 days



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Quick growing  
with prolific yield.

# chilli

Varieties:  
black, bugdi, gokarn, hithalu,  
kutumba, mirchi, rajnelli, sooji, santhe

ಮೆಣಸು  
(men-asu)

*Capsicum annuum*

harvest

60  
DAYS (2 months)

transplantation

15  
DAYS

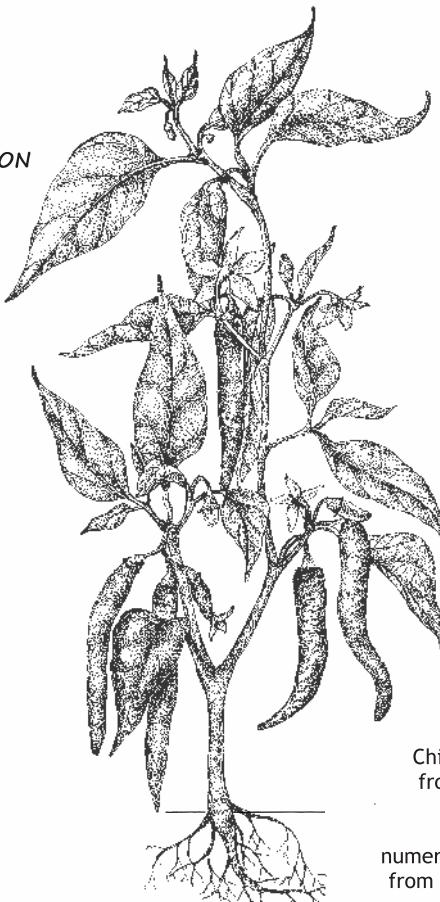
sowing  
Sow in beds

HARVEST DURATION

Can vary from  
3 months to  
1 year,  
depending on  
variety & care

Transplant  
in rows 12"  
apart when  
4" tall

Germination  
within 7 days



Chillies are originally  
from South America.

The Malnad has  
numerous local varieties  
from sweet to pungent.

# ash gourd

ಬ್ರಾದು ಗುಂಬಳ  
(boo-dhu goom-ba-la)

*Benincasa hispida*

## harvest

Up to 8  
fruits from  
each plant

HARVEST DURATION  
90-120 days  
(3-4 months)

90-120  
DAYS (3-4 months)

## transplantation

If transplanting,  
take care not to  
damage roots.

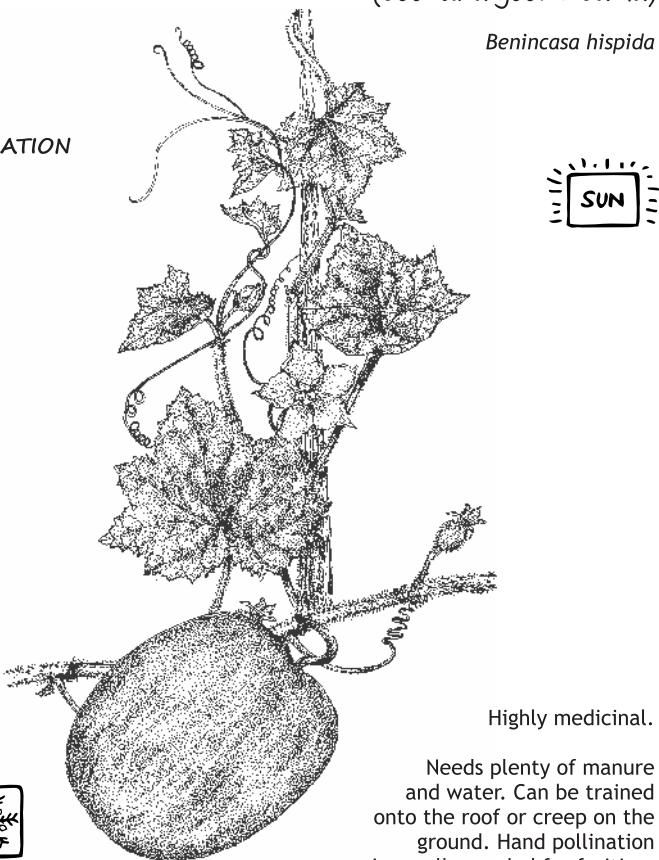
## sowing

Plant 4-5 seeds  
in well manured  
mounds (during  
rains) or pits

Germination  
within 7-8 days



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Highly medicinal.

Needs plenty of manure  
and water. Can be trained  
onto the roof or creep on the  
ground. Hand pollination  
is usually needed for fruiting.

# bitter gourd

Varieties:  
bili, gubbi, hasiru

# ಹಾಗಲ ಕಾಯ್

(ha-ga-la kaa-yee)

*Momordica charantia*

harvest

60  
DAYS (2 months)

sowing

Plant in rows  
6-8" apart

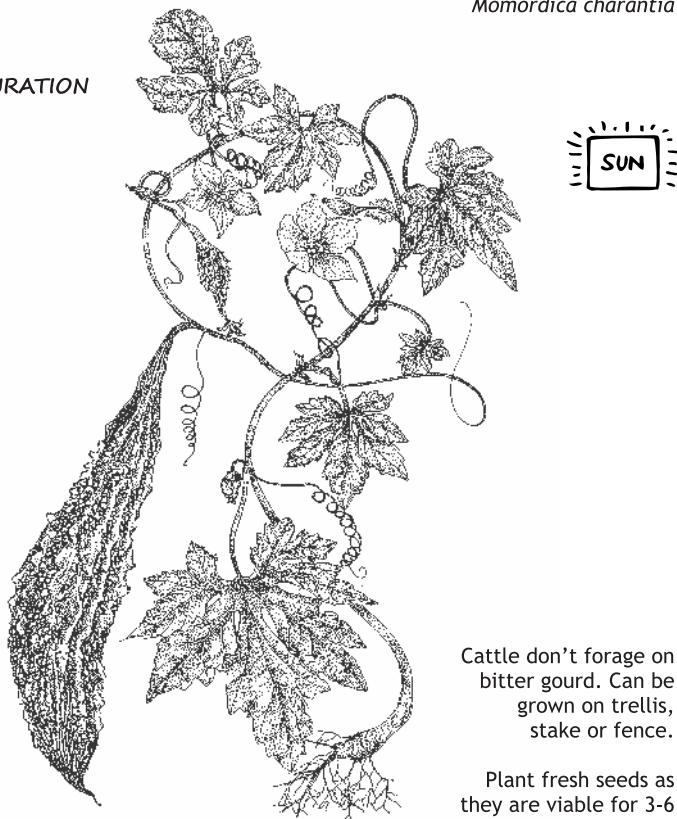


HARVEST DURATION  
365 days  
(1 year)

Germination  
within  
8-15 days



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Cattle don't forage on  
bitter gourd. Can be  
grown on trellis,  
stake or fence.

Plant fresh seeds as  
they are viable for 3-6  
months at the most.

# bottle gourd

Varieties:  
long, tamboora

## harvest

Fruit about  
2-3 feet  
long

120  
DAYS (4 months)

## transplantation

Take care  
to keep the  
roots intact

## sowing

Plant in manured  
pits (or mounds  
during rains) &  
train on the  
roof/ground



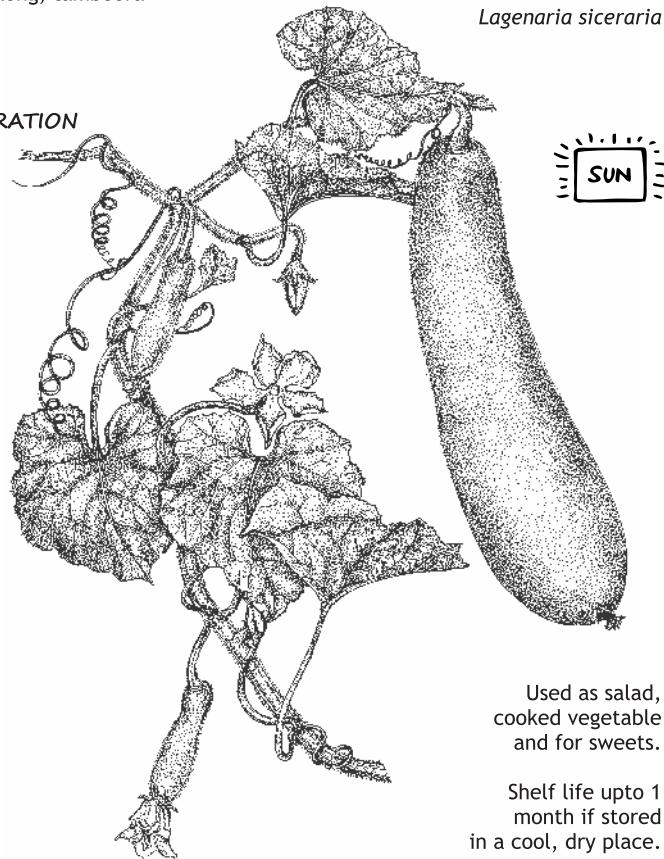
HARVEST DURATION  
120 days  
(4 months)



Germination  
within 7-8 days



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ಹಾಲು ಗುಂಬಳ  
(haa-lu goom-ba-la)

*Lagenaria siceraria*

Used as salad,  
cooked vegetable  
and for sweets.

Shelf life upto 1  
month if stored  
in a cool, dry place.

# pumpkin

Varieties:  
long, round

## harvest

Upto 8  
fruits from  
each plant

HARVEST DURATION  
90-120 days  
(3-4 months)

90-120  
DAYS (3-4 months)

## transplantation

If transplanting,  
take care not  
to damage  
roots.

Germination  
within 7-8 days

## sowing

Plant 4-5 seeds  
in well manured  
mounds (during  
rains) or pits

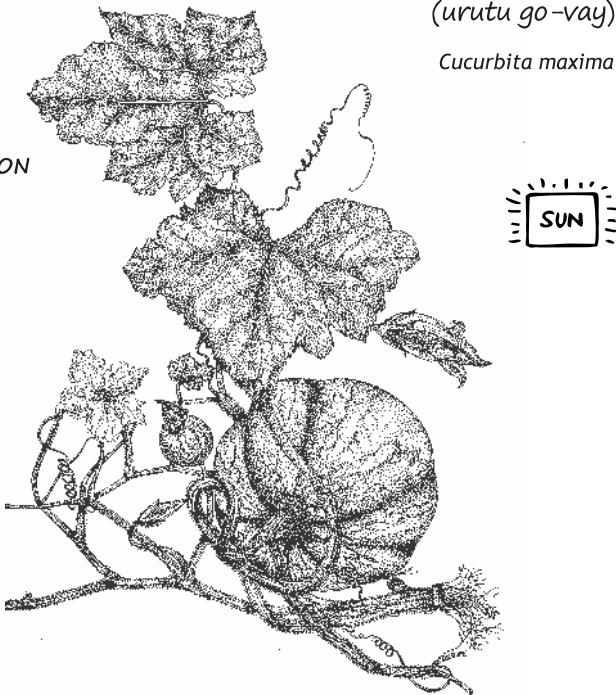


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# ಉರುಟ್ಟು ಗೋವೆ

(urutu go-vay)

Cucurbita maxima



Numerous varieties of different sizes and colours.

Plant needs plenty of manure and water. Can be trained onto the roof or creep on the ground. Hand pollination needed most times for fruiting. Flowers and tendrils (kudi) eaten as a vegetable in gojju, hashi and palya.

Shelf life 3-4 months.

# ridge gourd

Varieties:  
short, medium, long

# ಹಿರೆ ಕಾಯ್

(hee-ray ka-yee)

*Luffa acutangula*

harvest

75  
DAYS (2.5 months)

sowing

Plant in rows  
8" apart and  
make a trellis

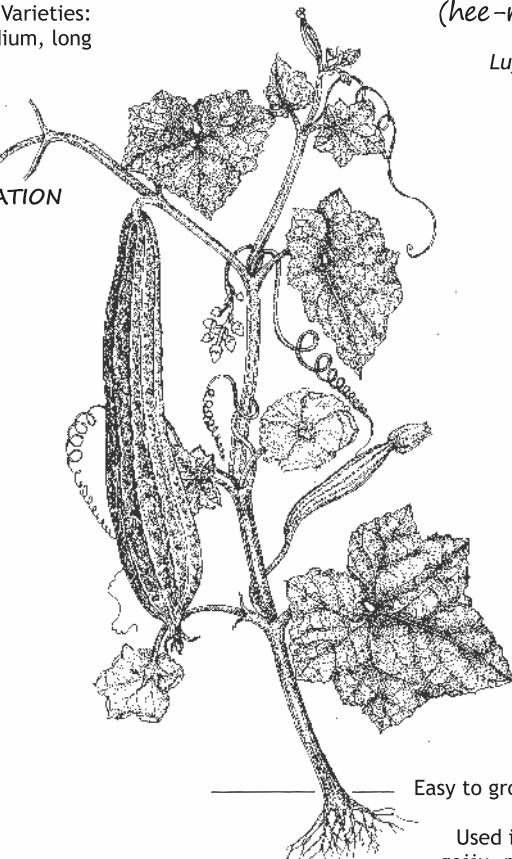


HARVEST DURATION  
60-90 days  
(2-3 months)

Germination  
within 7-8 days



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Easy to grow and digest.

Used in soup, dosai,  
gojju, paysa, chutney  
and as vegetable.

# sponge gourd

ತುಪ್ಪದ ಹೀರೆ

(thu-ppa-dha hee-ray)

harvest

60  
DAYS (2 months)

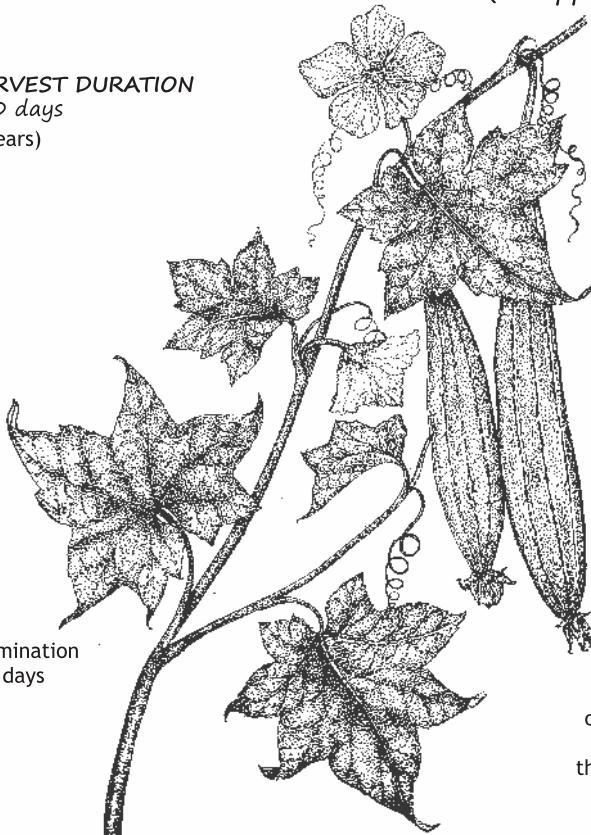
sowing

2-3 seeds in a pit  
at the base of a  
tree or support



HARVEST DURATION  
730 days  
(2 years)

Germination  
in 7 days



*Luffa cylindrica*  
syn. *aegyptiaca*

Prolific yield,  
and no known  
pests.

When tender,  
can be used as  
a vegetable.

When mature  
and dry, the  
outer skin and seeds  
are removed, and  
the remaining fibrous  
lattice can be used  
as a natural  
scrubber (loofah).



# lady's finger

Varieties:  
gubbi, kempu,  
elu elay, ethinakodu

# ಬೆಂಡೆ ಕಾಯಿ

(ben-day ka-yi)

*Abelmoschus esculentus*

harvest



60  
DAYS (2 months)



HARVEST DURATION  
90 days  
(3 months)

sowing

18" apart  
in rows



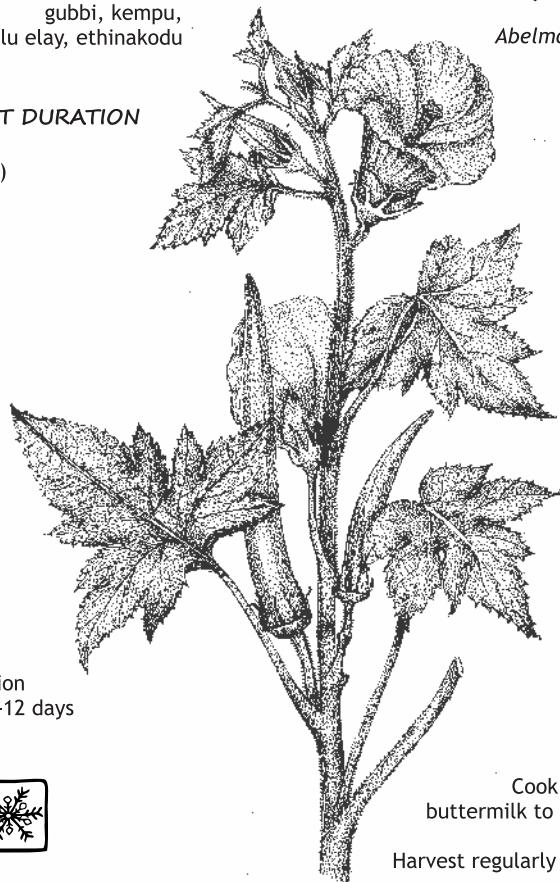
Germination  
within 10-12 days



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SUN

Hardy plant.

Cook with tamarind or  
buttermilk to reduce mucilage.

Harvest regularly to keep up yield.

# purslane

ಗೋಳಿ ಸೊಪ್ಪು  
(go-lee sop-poo)

*Portulaca oleracea*

harvest

60  
DAYS (2 months)

transplantation

15-20  
DAYS

sowing

Sprinkle in beds  
and lightly cover  
with compost

HARVEST DURATION  
180 days  
(6 months)

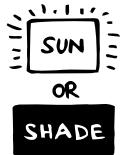
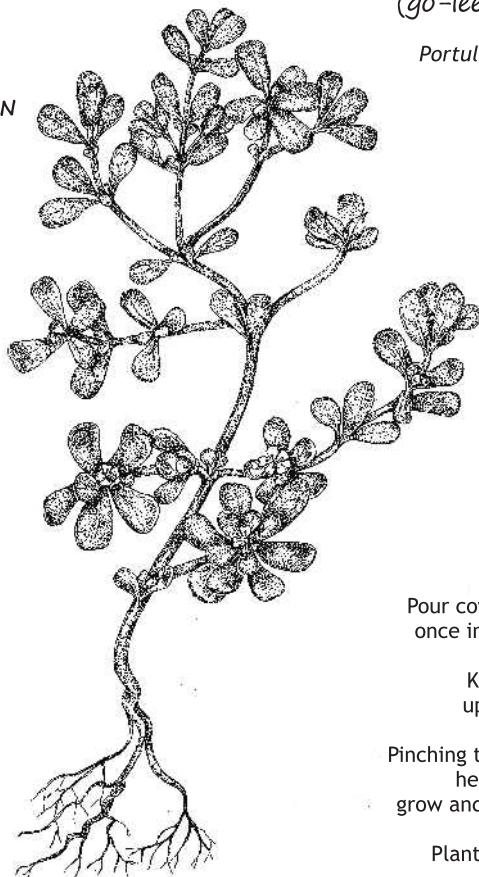
Plant 6" apart  
when seedlings  
have 4 leaves  
and are able to  
stand upright

Germination  
within 8-10 days



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Pour cowdung slurry  
once in 15-20 days.

Keep earthing  
up plant base.

Pinching tips regularly  
helps the plant  
grow and spread out.

Plant rots in rain.

# malabar spinach

Varieties: hasiru, kempu

ಬಸಲೆ  
(ba-sa-lay)

harvest

60  
DAYS (2 months)

transplantation

15-20  
DAYS

sowing

Sprinkle in beds  
and lightly cover  
with compost

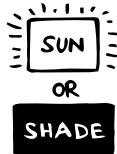
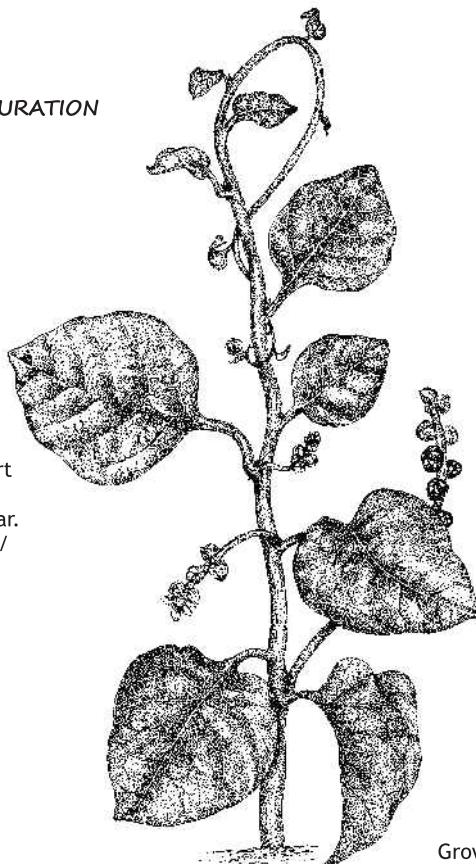
HARVEST DURATION  
300 days  
(10 months)

Plant 16" apart  
in rows when  
6 leaves appear.  
Provide trellis/  
support

Germination  
within 7 days



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Plant rich in iron.

Pinching tips  
regularly helps plant  
to grow vigorously.

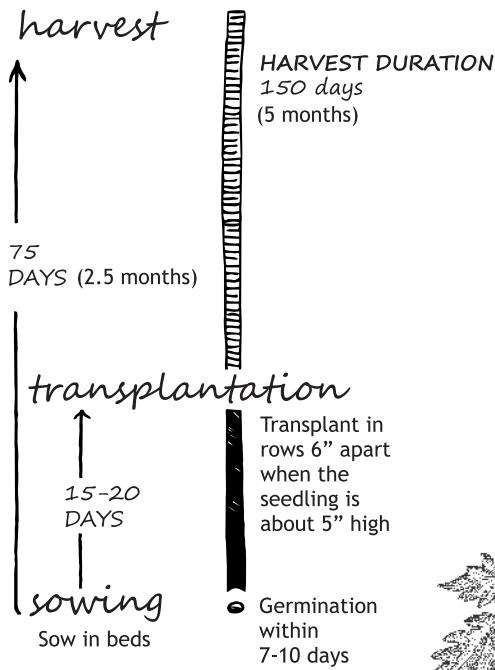
Grows well at wash  
water outlets  
(chemical free).

Grows from cuttings also.

# tomato

ತೊಮೆಟೋ  
(toe-may-toe)

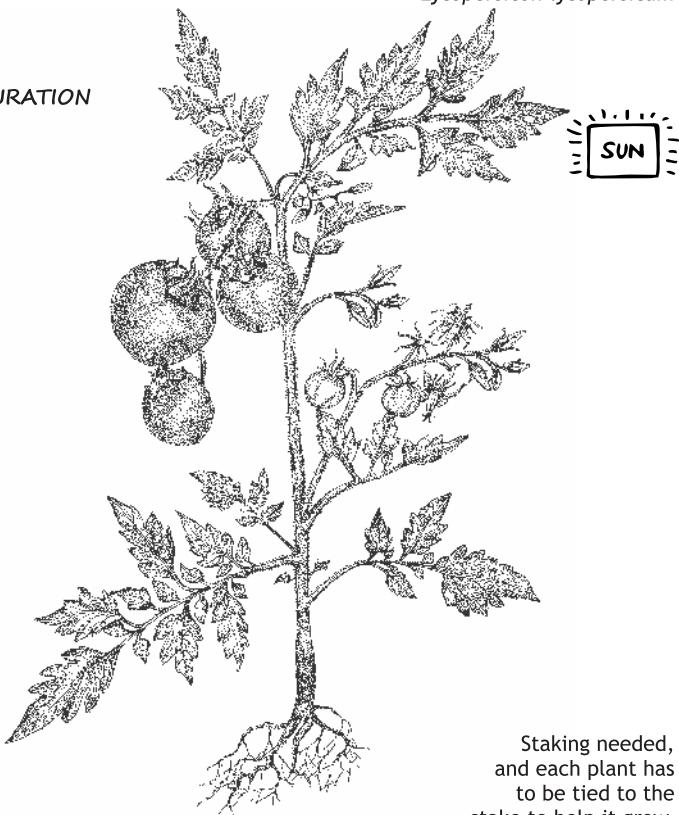
*Lycopersicon lycopersicum*



MALNAD



BENGALURU



Staking needed,  
and each plant has  
to be tied to the  
stake to help it grow.

# Tubers

Arrowroot . . . . .	33
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Mango Ginger . . . . .	37
Sweet Potato . . . . .	38
Tapioca/Cassava . . . . .	39
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Yam ( <i>Dioscorea alata</i> ) . . . . .	41
Yam ( <i>Dioscorea bulbifera</i> ) . . . . .	42

The generic term “tuber” has been used to cover tubers, rhizomes and corms.

All tubers may be planted in the ground or appropriately sized pots or sacks.  
They store well in the earth.

In open ground, tubers may be grown in spaces using well rings one on top of another to curtail bandicoots.

Unless specified, tubers are harvested on a one time basis.

# arrowroot

ಅರೋರೂಟ್

(aro-root)

*Maranta arundinacea*

harvest



180  
DAYS (6 months)



planting

Direct planting of  
eye buds in  
beds 8" apart.  
Cover with  
compost



Germination  
within 15 days



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Tubers harvested,  
ground, and immersed  
in water for 3 days  
to remove bitterness.  
Dried and used as baby  
food or for convalescents.  
Long shelf life.

# colocasia

ಕೆಸು  
(kay-su)

*Colocasia esculenta*

harvest



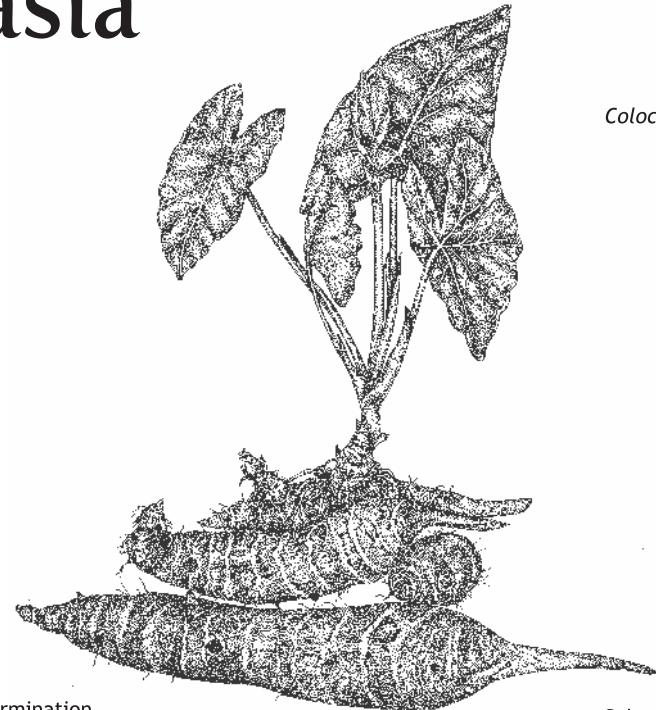
180  
DAYS onwards

planting

Direct planting of small corms to the side of the main one in beds 8" apart or in 1 foot deep trenches for bigger varieties, covered as the plant grows, with loose soil, compost and ash. Basal topping up and mulching important



Germination  
within 15 days



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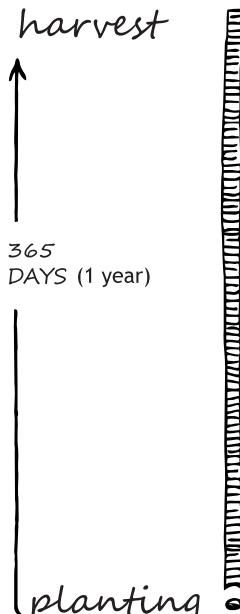
Colocasia (Taro) has many varieties from small round tubers to 5 foot long ones. Planting method depends on variety. Certain varieties like cheep kesu, mottay kesu & kari kesu need to be boiled in tamarind water to prevent itching in mouth. Shelf life is upto a year or more in a cool, dry, dark place. Leaves of some used to make patrode.

# elephant foot yam

ಸುವರ್ನ ಗಡ್ಡೆ

(su-var-na gad-day)

*Amorphophallus spp.*



Direct planting of corm eye buds in 1-2 foot deep basins covered with loose soil, compost and ash. Basal topping up and mulching important

Germination within 15 days



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Corm stores well and can be cut in segments and used. Cooling. Can be made into vegetable and sambar.

# ginger

శుంతి  
(shoon-tee)

harvest

180  
DAYS (6 months)

planting

Direct planting of rhizome eye buds in beds 6 inches apart covered with loose soil, compost and ash. Basal topping up and mulching important

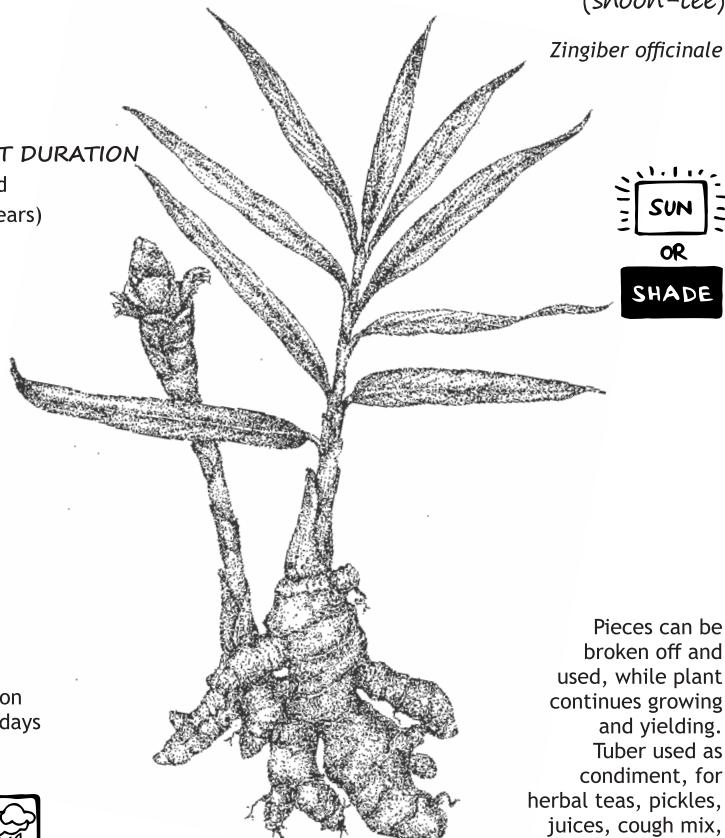


HARVEST DURATION  
year round  
(several years)

Germination  
within 15 days



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Pieces can be broken off and used, while plant continues growing and yielding.  
Tuber used as condiment, for herbal teas, pickles, juices, cough mix, digestive & botanical pest control.

# mango ginger

മാവീന ശുംഭ്  
(maa-vee-na shoon-tee)

*Curcuma amada*

harvest



300  
DAYS (10 months)



HARVEST DURATION  
year round  
(several years)

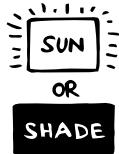
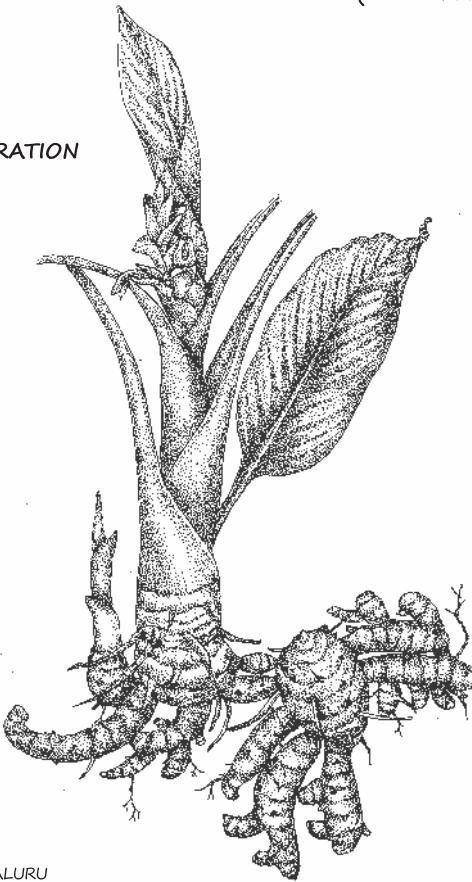
planting

Direct planting of  
rhizome eye buds in  
beds 6 inches apart  
with rows 1 foot  
apart, covered with  
compost and mulch

Germination  
within 15 days



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Tuber belongs to  
the ginger family.  
Exudes aroma  
of unripe mango  
and used to make  
fresh chutney,  
pickle and tambuli.

# sweet potato

ಸಿಹಿ ಗೆಣಸು  
(see-hee ge-na-su)

*Ipomoea batatas*

harvest

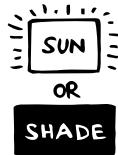
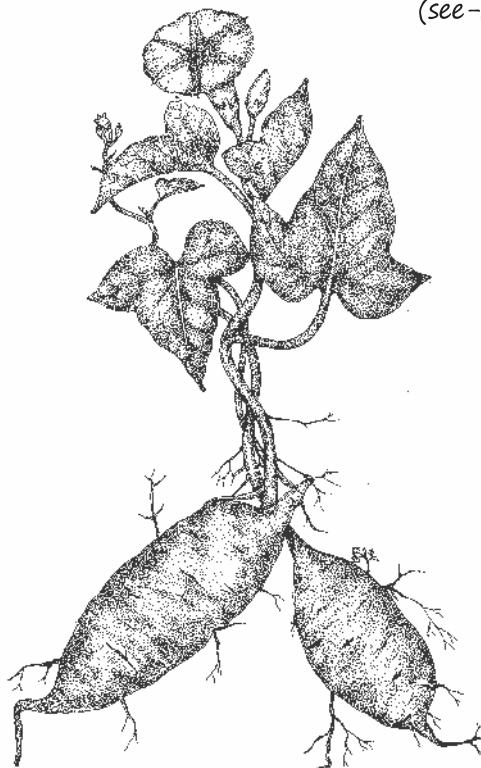
180  
DAYS (6 months)

planting

Direct planting of stem cuttings in beds 1 foot apart with rows also 1 foot apart. Earth up for better production

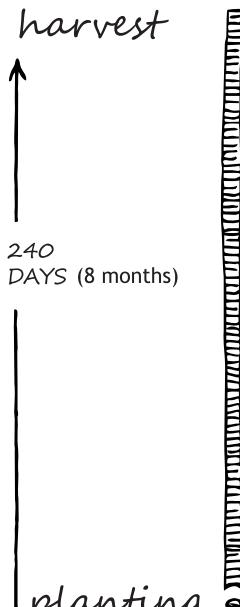


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Root eaten steamed with salt and lemon, or as vegetable, in sambar and even made into holigay. Young leaves good as greens.

# tapioca



Direct planting of cuttings in rows with mulching

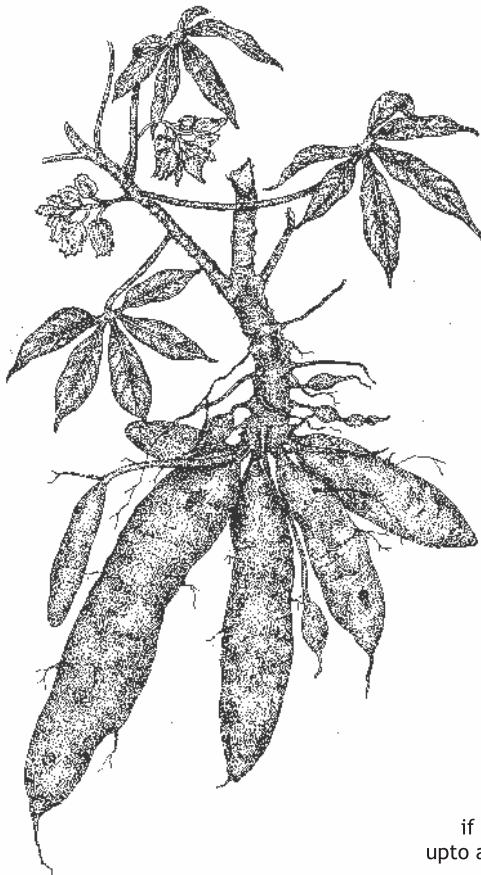


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Takes root within 15 days

ಬರಗಳ ಗೆಣಸು ಮರ ಗೆಣಸು  
(ba-ra-ga-la ge-na-su) (ma-ra ge-na-su)

*Manihot utilissima*



Tapioca is also known as cassava.

Hardy and does not need much care. Tuber stores well in the soil/ground if attached to plant or upto a week post harvest.

# turmeric

ಅರ್ಣು  
(ah-ree-she-naa)

*Curcuma longa*

harvest

300  
DAYS (10 months)

planting

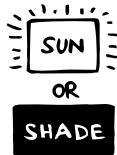
Direct planting of  
rhizome eye buds in  
beds 6 inches apart  
covered with loose  
soil and compost



Germination  
within  
15 days



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Tuber highly  
medicinal.

Harvested, washed,  
cut into pieces,  
sun dried, milled,  
sieved and powder stored  
to be used as condiment.  
Fresh tuber used in cooking,  
pickles, tambli, & gojju.

# yam

# ನೆಗಿಲು ಗೆಣಸು

(nay-gilu gay-na-soo)

*Dioscorea alata*

harvest

180  
DAYS (6 months)

planting

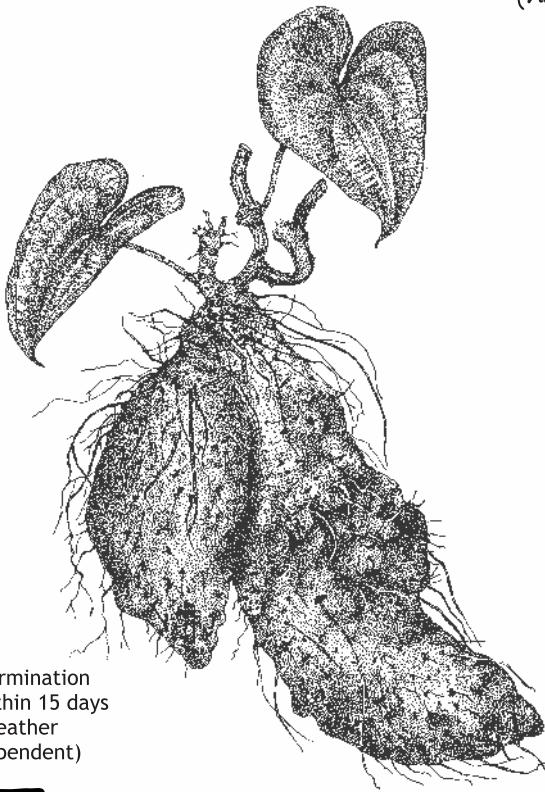
Direct planting of eye buds in pits, next to trees or trellis. Cover with compost/ rich manure



Germination within 15 days (weather dependent)



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Several *Dioscorea* species exist including wild ones. Shelf life of harvested tuber up to 6 months. Yields aerial, edible tubers which can also be planted. Mother tuber eaten, roasted boiled or steamed.

# yam

# ಹೆಡಿಗ್ ಗೆಣಸು

(hey-dee-gay gay-na-soo)

*Dioscorea bulbifera*

harvest

240-365  
DAYS  
(8 months to 1 year)

planting

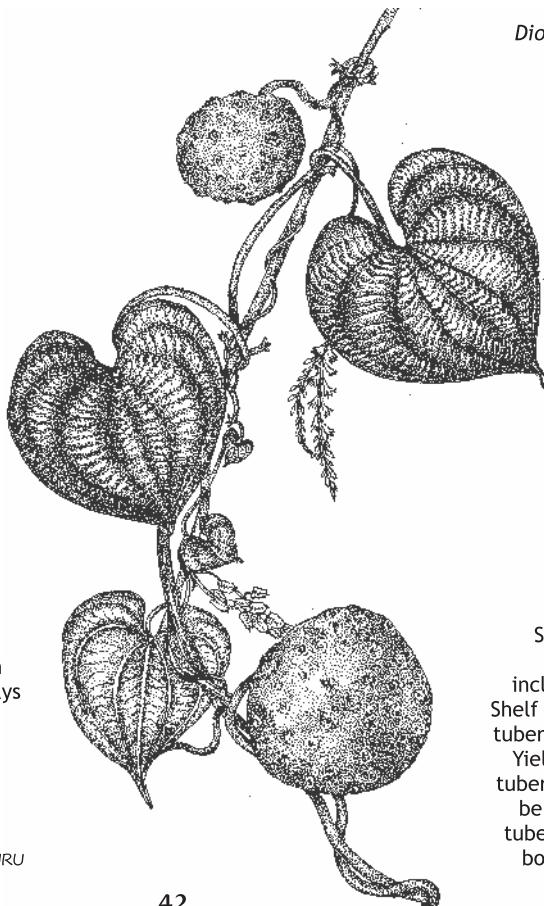
Direct planting of  
eye buds in pits,  
next to trees  
or trellis.  
Cover with  
compost/ rich  
manure



Germination  
within 15 days  
(weather  
dependent)



MALNAD & BENGALURU



Several *Dioscorea*  
species exist  
including wild ones.  
Shelf life of harvested  
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Yields aerial, edible  
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tuber eaten, roasted  
boiled or steamed.

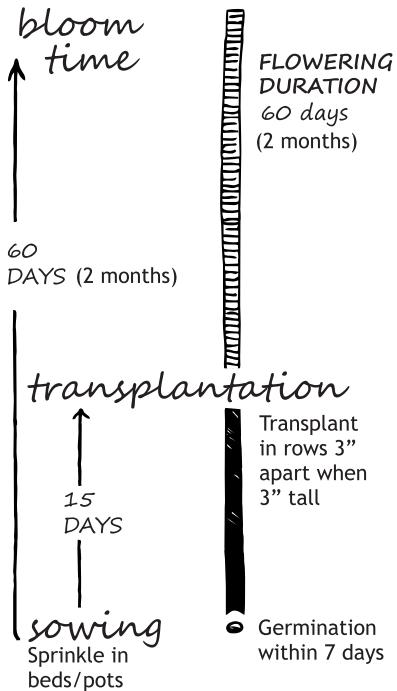
# Flowers

Balsam . . . . .	44
Butterfly Pea . . . . .	45
Canna . . . . .	46
Cosmos . . . . .	47
Four O'clock Flower . . . . .	48
Marigold . . . . .	49
Zinnia . . . . .	50

# balsam

ಸೋನೆ  
(so-nay)

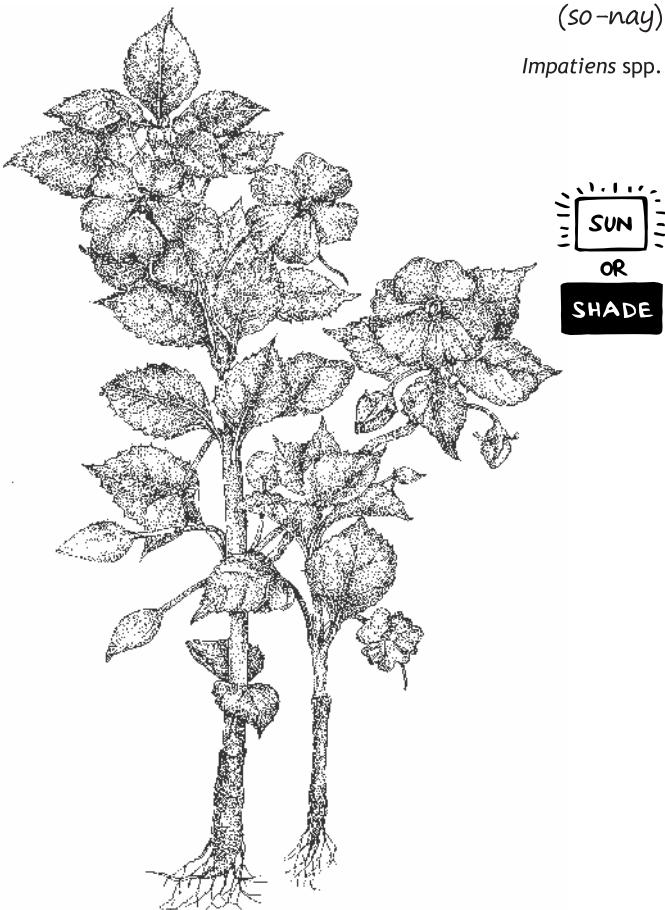
*Impatiens spp.*



MALNAD



BENGALURU

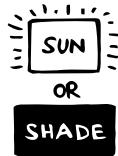
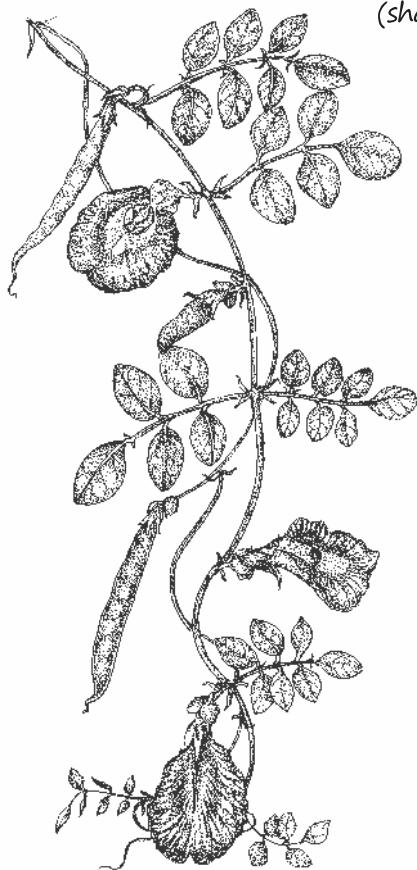
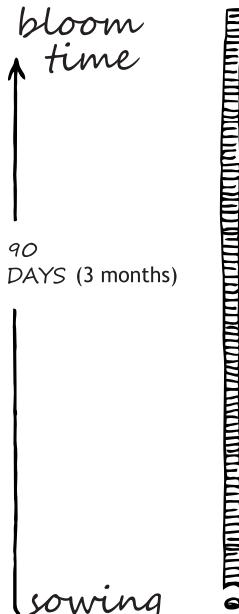


# butterfly pea

ಶಂಕಾ ಮಣಿ

(shan-kha push-pa)

*Clitoria ternatea*



Flower medicinal,  
used to make juice  
and in religious  
rituals.

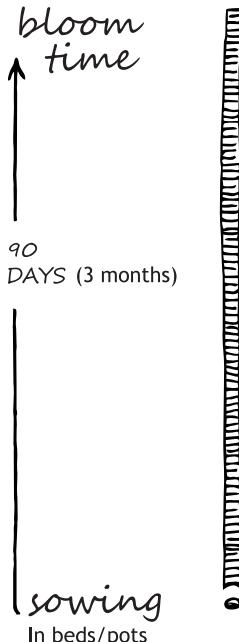


MALNAD & BENGALURU

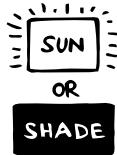
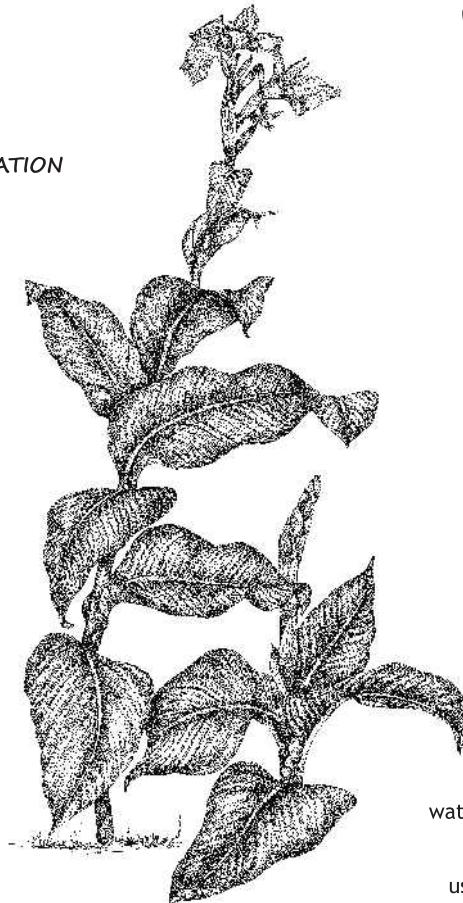
# canna

ಕಾಬಾಲ್ಯ  
(kaa-ba-lay)

Canna spp.



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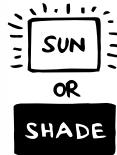
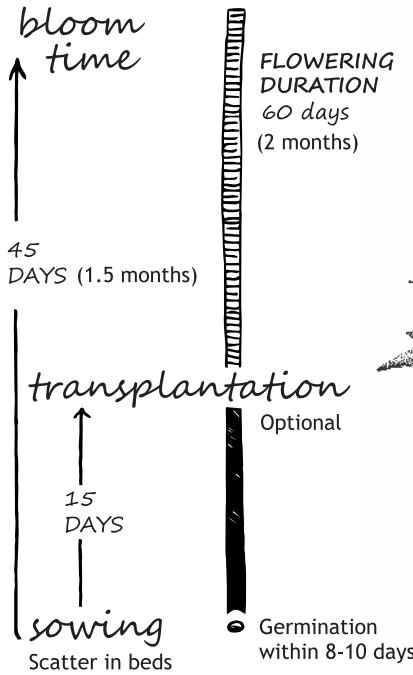
Thrives in  
water logged areas.

Suckers also  
used for planting.

# COSMOS

ಕೈತಕಿ  
(kay-tha-ki)

*Cosmos spp.*



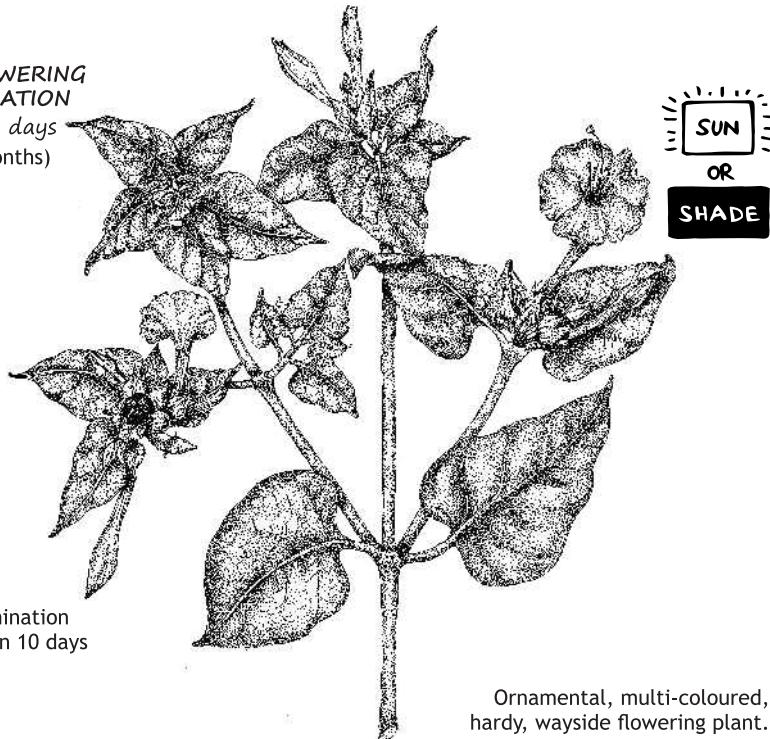
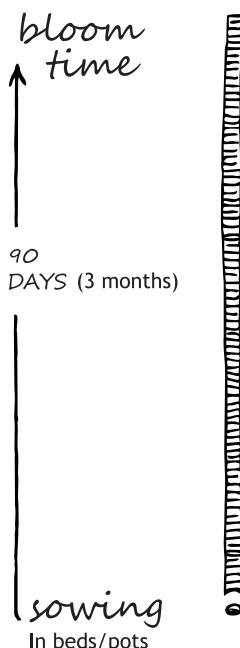
Plants are self seeding and you can have a permanent bed of cosmos once planted.



# four O'clock flower

ಸಂಜೆ ಮಲ್ಲಿಗೆ  
(san-je ma-lli-gay)

*Mirabilis jalapa*



Ornamental, multi-coloured,  
hardy, wayside flowering plant.



# marigold

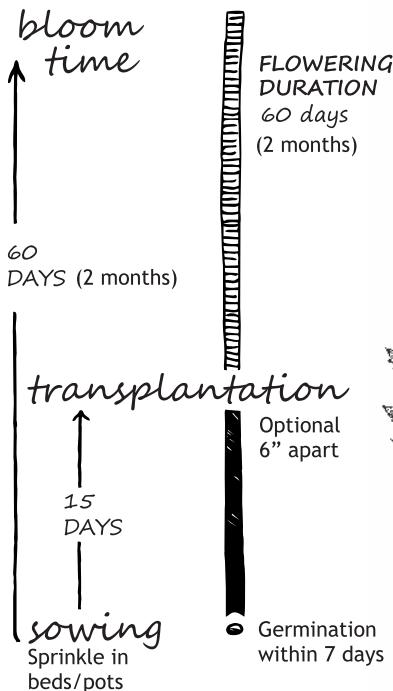
ಚೆಂಡು ಹುವು

(chen-doo hoo-vu)

ಗೊಂಡೆ ಹೂವು

(gon-day hoo-vu)

*Tagetes spp.*



Hardy plant - ideal for borders and hedges.

Flowers and leaves have insecticidal properties.

Used as companion plants in food gardens.



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# zinnia

జనియా

(jin-niya)

Zinnia spp.

bloom time

90  
DAYS (3 months)

transplantation

15  
DAYS

sowing  
In beds/pots

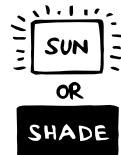
FLOWERING  
DURATION  
60 days  
(2 months)

Plant 10" apart  
when seedlings  
have 4 leaves  
and are able to  
stand upright

Germination  
within 8-10 days



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Hardy multi-coloured  
ornamental.

Flowers stay  
a long time.

# Planting Calendar

Vegetables	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Amaranth (green)												
Amaranth (red)												
Ash Gourd												
Bean, Sword												
Bean, Winged												
Bean, Hyacinth												
Bean, Yard Long (angikase)												
Bean, 30 Day												
Bitter Gourd												
Bitter Gourd (gubbi)												
Bottle Gourd												
Brinjal (other varieties)												
Brinjal (hithalu)												
Chilli												
Cucumber, Spiny												
Cucumber, Yeray												

# Planting Calendar

<b>Vegetables</b>	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Cucumber, Maggay												
Lady's Finger												
Malabar Spinach												
Purslane												
Pumpkin												
Ridge Gourd												
Snake Gourd												
Spinach												
Sponge Gourd												
Tomato												
<b>Tubers</b>												
Arrowroot												
Colocasia (Taro)												
Elephant Foot Yam												
Ginger												
Mango Ginger												

# Planting Calendar

Tubers	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Sweet Potato												
Tapioca (Cassava)												
Turmeric												
Yam (Dioscorea)												

## Flowers

Balsam												
Butterfly Pea												
Canna												
Cosmos												
Four O'clock Flower												
Marigold												
Zinnia												

This is a seasonal planting chart for the Malnad where the monsoon rains are heavy (250-800 cm per annum). Bengaluru and other drier areas would have a longer planting (sowing) season.



= planting period

# Notes

# Notes

# Notes

# Notes

# Notes